

WOMAN'S HOME PAGE

CHARLES DWYER... Editor.

Common Sense
versus
Butcher's Bills

HOT WEATHER DISHES

By ANNA M. RICHARDSON

Toothsome
Cooling
Viands

MIDSUMMER DIET SHOULD HAVE A MINIMUM OF MEAT

What to Cook and How When Thermometer is High—
Vegetables and Fish

MIDSUMMER cooking is being more wisely done now in many households than it used to be. There are still heads of families who, clinging to the old-fashioned custom of their ancestors, there are far too many homes in which the vegetable diet consists simply of the unadorned, necessary potato, soggy and monotonous, and a couple of scanty portions of corn, tasteless peas or string beans served up in a small quantity. Fortunately, however, the use of meat and food values are becoming more widely known and such establishments are decreasing. But they are still in the majority, mainly because so few people, comparatively, know anything about cooking vegetables or the great variety of wonderful, tasty dishes that may be made from them. As a matter of fact, Americans ought to eat more vegetables than they do all the year round.

For summer the most important requisite about a recipe is that it be easy to prepare in addition to being palatable and appetizing in appearance. There are some that meet all these requirements, in addition to being very inexpensive:

Vegetable Toad-in-a-Hole

Make a batter as follows: Beat up one egg, stir in half a cupful of milk, a pinch of salt, one cupful of flour and one tablespoonful of olive oil. Mix till smooth and glossy. Allow to stand in a cool place for one hour, then add one tablespoonful of baking-powder. Take a number of firm, ripe tomatoes, cut a very small opening at the top, and carefully empty them of seeds. Into each tomato put one cupful of bread-crumbs, two tablespoonfuls of grated cheese, one tablespoonful of melted butter and the tomato pulp. Season lightly with salt, pepper and paprika; fill the tomatoes with this. Butter a pudding-dish. Lay in the tomatoes at equal distances from each other, pour over the batter, and bake half an hour to three-quarters of an hour in a quick oven. A great improvement to this is a good sprinkling of grated cheese over the batter when about half done.

Beans and Eggs

Half a pound of cooked beans, three hard-boiled eggs, two tablespoonfuls of butter, one sour apple, one onion, one tablespoonful of curry powder, one dessert-spoonful of ground rice, one tablespoonful of minced onion, one cupful of half a lemon, one cupful of water, in which the beans are cooked, and quarter pound of rice. Cut the hard-boiled eggs into quarters. Chop the onion finely and fry it in the butter; then add curry powder and ground rice. Stir till well incorporated, then pour in the bean water; stir till it boils and make a test. Summer gently while you chop the apple. Add it, also sufficient salt, lemon juice, coconut, and cook very gently for twenty minutes; then put in two tablespoonfuls of milk or cream, which is a great improvement. Now put in the eggs, and stand in a warm place over hot water. Have the beans boiled and nicely dry. Make a border of the rice on a hot dish and pour the bean and egg mixture in the center.

Stewed Lentils

Stew gently half pound of lentils with two pints of water, adding a little more water if necessary. They must be quite soft, and should absorb all the water. Boil ten potatoes; steam, dry and mash them. Beat in nearly a whole egg, reserving just a little, also one tablespoonful of butter, seasoning of salt and pepper. With this mashed potato make a crust border on a buttered fire-proof dish. Ornament it, glaze it with small portion of egg, and put it in a moderate oven to brown. Now melt one tablespoonful of

butter in a saucepan, fry in it one chopped onion, then add two chopped tomatoes (first peeled), then the cooked lentils; season nicely with salt, pepper and paprika, then add as much boiling water as will make the mixture of a nice consistency; put this into the center of the potato border and serve hot.

Lentil Eggs

Four eggs, one pound of spinach, one truffle, one heaping tablespoonful of grated cheese, four tablespoonfuls of thick white sauce, salt and pepper. Carefully pick and wash the spinach; cook it in boiling water with a little salt till tender, then drain, press and chop it. Season it nicely. Butter four scallop shells, put a flat layer of spinach in each; on this lay a neatly poached egg. Cover them carefully with white sauce, which must not be hot. Sprinkle over the top some of the grated cheese, garnish with a little chopped truffle. Put the shells in the oven for a few minutes to slightly brown the cheese. Serve very hot.



Fried Smelts

Jerusalem Artichokes

Boil two pounds of artichokes in milk till tender, mash and rub through a fine sieve. Add one cupful of cream, beating it well; beat up three eggs, add them with salt and pepper to taste, mixing well. Put the mixture into a well-buttered mold, tying a buttered paper over it. Steam carefully for one hour. Turn out and pour thick puree round it. Serve with fried croquettes. In summer this dish may be iced and served with a rich mayonnaise sauce.

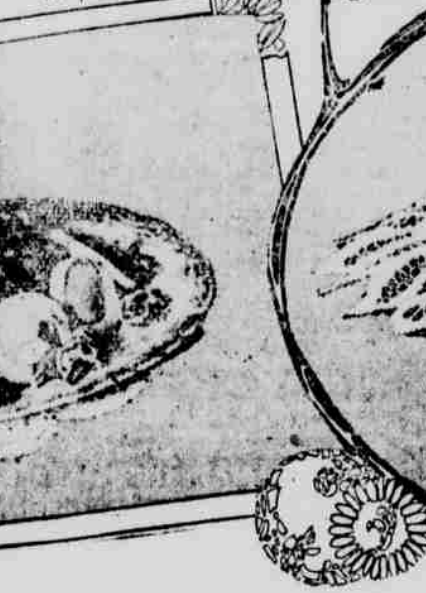
Browned Fillets of Cod

Get a thick piece of cod and skin it. Take the flesh from the bone, and cut into thick blocks about two or three inches square. Brush over with beaten egg or melted butter, toss in fine brown bread-crumbs, and lay on a greased tin. Bake in a hot oven for about ten minutes and serve with a sharp sauce. The sauce may be a melted butter sauce, with a little acid, such as lemon juice or vinegar. Oyster sauce or anchovy sauce are equally suitable.

Lobster Salad

Serve this salad in the small earthenware dishes lined with white which are usually used for cooking eggs. Line the dishes with small, dainty, crisp lettuce leaves. Have a freshly-boiled lobster if possible, but in case such a one cannot be secured, then a good standard brand of canned may be used as a substitute. Cut the lobster into small pieces and sprinkle with lemon juice, and keep

in a cool place until wanted to dress for the table. Never place lobster meat where it will freeze. Put a tablespoonful of this lobster meat in the lettuce cups and then cover with mayonnaise.



Fruit Bavarole and Fig Custards

Decorate with slices of stuffed olives.

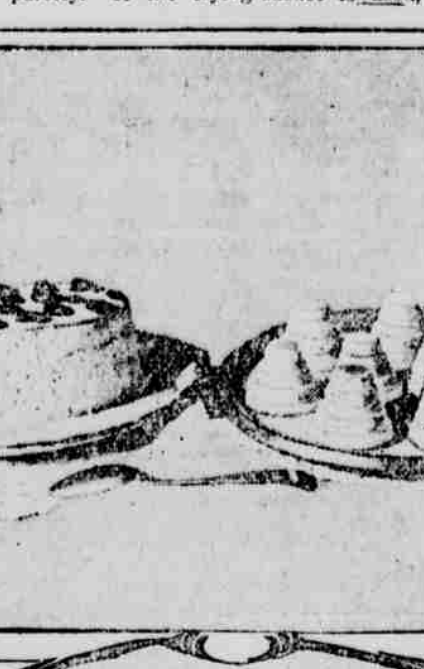
Devilled Crabs

Use the proportion of twelve crabs for nine shells. After boiling remove the meat carefully. Blend together in a saucepan over the fire one heaping tablespoonful of butter and one heaping tablespoonful of flour, then add one cupful of cream or milk and stir till thickened; then add one tablespoonful of bread-crumbs, the yolks of four hard-boiled eggs that have been rubbed through a sieve, one teaspoonful of salt, half teaspoonful of paprika, dash of red pepper, one heaping teaspoonful of finely-chopped parsley, half a teaspoonful of lemon juice and the crab meat. If the seasoning is not high enough a little mustard can be added. Wash and dry the shells and fill with the mixture; round the top, pressing it close to the shell edge, so that in frying none of the fat may enter. Smooth the top with floured hands, brush over with well-beaten egg, toss in fine bread or cracker-crumbs. Put two at a time in frying-basket and dip to deep smoking hot fat; cook just long enough to color a golden-brown. Drain on white paper and serve hot.

Fried Smelts

Do not have the heads removed from the smelts when they are cleaned. Wipe the outside of each fish with a damp cloth and then roll in seasoned Indian meal, then in beaten egg, and then again in the meal; lay in a frying-basket or place a few in a kettle of smoking-hot

fat to cook until the coating is brown; remove them and drain on paper, and when serving arrange on a hot fish platter, garnishing with sliced lemon or parsley. If the frying-basket is used, variations that can be concocted for the hot weather. They can be prepared in a much shorter time than hot food requires, although some of the salad ingredients have to be cooked first, but



Vegetable Toad-in-a-Hole

this, as I have said, can be done in the morning.

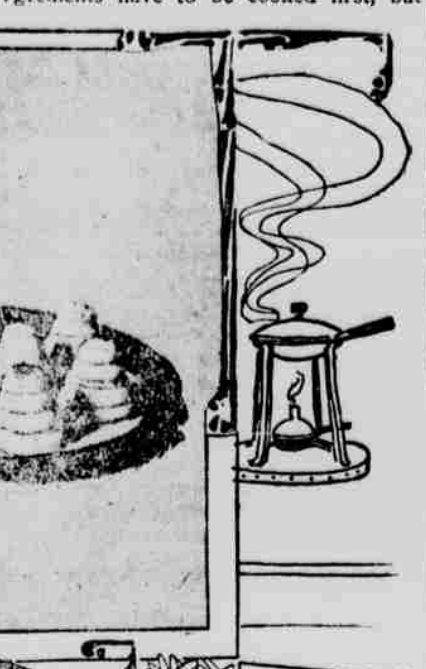
In the second place, it enables the family to enjoy the best part of the long summer day. In fact, it is an actual necessity where some of the members of the household go in for games, such as tennis or golf, as they want to take advantage of every available minute of daylight, taking merely a sandwich and a cup of tea when they come home from the office. And in the third place, the eating of as much cold food as possible enables one to stand extreme summer weather much more easily than if one devours a lot of hot meat dishes.

TO LIGHTEN COOK'S JOB

Recipes for Salads and Desserts
that Save Work and Fuel

THERE are several arguments in favor of substituting the cold supper at nine o'clock for the hot dinner at six-thirty during the summer months. In the first place, as far as the housewife and the servants are concerned, it lightens the labor considerably. It enables the day's cooking to be disposed of entirely during the forenoon. All of the dishes described below are to be served cold—and they are only a few of the very appetizing

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Rhubarb and Fig Shortcake

place the fish side by side in it and drop into the kettle of hot lard until the fish are browned.

Curried Sardines
One small can of sardines, a little flour, a squeeze of lemon juice, curry powder to taste, and fingers of toast. Drain the oil from the sardines, thicken it with flour, season with curry powder and lemon juice. Place in a small saucepan and stir while it simmers for three minutes. Then put in the sardines, taking care not to break them, and let them sit hot through. Serve on small finger-shaped pieces of toast, and grate a little hard-boiled yolk of egg on each.

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COLD SUPPER BEST DURING THE LONG, WARM EVENINGS

Should Take the Place of the Hot Six O'Clock Dinner
Through July and August

shortcake as given in the pineapple recipe, and over the top layer roughly place a quarter of a pound of marshmallows melted so as to spread nicely. Or make a boiled icing and pour over the marshmallows, which should be cut into pieces; then flavor with vanilla and spread over the cake.

Spring Salad

Cook asparagus until tender, then drain and lay aside until cold; cut into inch pieces and add half as much tender celery foliage leaves, blanched ones only, minced; chop a handful of scallions and sprinkle over; then moisten with a French dressing; toss together lightly, so as not to crush the asparagus, mound on a cold dish and circle with hard-boiled eggs. By using the celery foliage the flavor is gained and the usual waste is avoided. If the celery has no foliage, then use the tender stalks cut into thin slices.

vegetables in the middle of each and add with French dressing; or moisten the cabbage with a thin mayonnaise and marinate the vegetables until wanted.

Pineapple Shortcake

Pare, core and grate or chop a fresh pineapple; strew with pulverized sugar and let stand in a cool place until the cake is made. Sift one pint of flour, half a level teaspoonful of salt and three level teaspoonsful of baking-powder together, then rub into this mixture two rounding tablespoonfuls of butter and work until the flour feels like meal; gradually wet with enough milk to make a soft dough easily patting into greased pans, dividing the dough in two parts. Press the sides higher than the middle and bake in a quick oven for twenty minutes or less. Remove to a warm dish and spread the pineapple between each layer and on top. If for a company dish and whipped cream is liked, this may be spooned about the base and dotted over the top or piped through a tube, as illustrated.

Fruit Bavarole

Soak two level tablespoonfuls of granulated gelatin in half a cupful of water, and when softened set the dish in hot water until the gelatin is dissolved; add one cupful of rhubarb pulp cooked with sugar until it is like marmalade, juice of half a lemon; set the dish in ice-water and stir until it begins to thicken; then fold in one and one-half cupfuls of double cream whipped until it is very thick. Turn into a dish and set where it will chill and become solid. When ready to serve dip the mold in hot water a second, then invert on a cold dish and serve with sliced cherries over the top and a cherry sauce made by thickening canned cherry juice with a little cornstarch when hot, and cooking until creamy.

Fig Custards

Cook quarter of a pound of figs until they can be chopped to a paste and pressed through a coarse sieve. Heat one cupful of water, to which add half a cupful of orange juice and sugar to make very sweet. Stir in the fig pulp and then add two heaping tablespoonfuls of cornstarch wet to a thin paste with cold water; cook until transparent. Beat the whites of four eggs until stiff and pour the hot mixture on them, adding a level tablespoonful of butter to it before taking from the stove. Beat until the eggs and starch mixture is incorporated, then pour into small cups or molds. Set in a cold place and serve with plain cream or custard sauce flavored with a little of the orange peeling grated.

Pineapple and Rhubarb Pie

Chop the fruits very fine and sweeten. Spread a layer in a crust-lined dish; then place over this a layer made of the pie pastry rolled as thin as possible and yet hang together; spread another layer of the fruit over this, and then fasten down a pastry cover on top. Bake in a moderate oven until the outside pastry is done. If the inner layer of pastry is rolled thin enough it will have melted and with the juices formed a thick jelly. This is an old-fashioned way of thickening the juicy contents of tart pies.

To toll with song; to miss what one has earned; To kiss the hand that harms; To fight and fall; Hard tasks! But who can, smiling, wait, has learned The very hardest lesson of them all.

BAD DIGESTION IS OFTEN DUE TO DEFECTIVE TEETH

Which Lead to Imperfect Mastication of Food—Must be Kept
Clean and Examined Regularly

By DR. E. L. MACKAYE



HE digged his grave with his teeth" is an old saying. It was intended to describe the man who ate indigestible food, and part of the rich and indigestible food, but it had and has a broader and deeper significance. Countless dyspeptics owe their trouble to imperfectly masticated food, and the majority have defective teeth. The man who eats in a hurry and bolts what he eats is quickly recognized among the number of these dyspeptics, but those who suffer from imperfect digestion on account of defective teeth have not received the attention which their cases merit; and often the underlying cause of the trouble is not detected.

The first process of digestion takes place in the mouth. The food should be ground to a pulp before being given to the stomach for its digestion. The purpose of this is two-fold. Large pieces of food introduced into the stomach act as a mechanical irritant to the delicate membrane of the stomach. The reason

so many people suffer because of lobster or Welsh rabbit is that the fiber of the lobster remains as a mass in the stomach, as does also the cheese of the Welsh rabbit. After a time the heat of the stomach causes putrefaction, and poisonous gases are generated, with the result of general disturbance, extreme pain and fever, symptoms more or less severe according to the amount of food that is undigested.

The teeth should act as sentinels to the stomach. Anything which they cannot perfectly grind up should be ejected from the mouth, for if the teeth cannot reduce a substance how can the stomach do it, with its membrane much more delicate and soft than the lining membrane of the mouth? The digestion of starches and sugars takes place in the mouth, and for this reason mastication should be slow and perfect, that the saliva which contains the digestive ferments for this purpose should be mixed thoroughly with the food.

The preservation of the teeth, it will thus be seen, is of paramount importance. Parents should do everything possible to preserve the teeth of their children, for in early childhood often begins the trouble which results in disease. Dentists and physicians are more and more impressed with the ne-

cessity of beginning early to correct troubles with the mouth and are passing on to children. An eminent dentist recently presented a paper before the American Medical Association, showing how the malformation in childhood prevents the bones of the face and the nasal passages from developing as they should, thus distorting the whole body and affecting the brain itself. It will make all the difference in the world with a child's future life whether he breathes habitually through the mouth instead of through the nose. Parents should examine children, waking and sleeping, and if they do not breathe with the mouth closed there is something wrong which should be seen to. In many cases the trouble is due to growths called "adenoids," which occur in the passage between the nose and the throat. If the child's teeth are irregular and the upper or the lower jaw protrudes, a dentist who understands the matter should be called upon to correct these deformities while the softness of the tissues permit the re-shaping of the mouth. It is now contended that great trouble will arise from extracting teeth simply to make room for others; it destroys the proper articulation of the teeth and will deform the jaw. Instead, the arch should be widened so that the teeth will have room, and it is surprising how easily the shape of the jaws can be changed in children.

If the teeth decay because they are not kept clean, if perfect cleansing of the teeth can be accomplished they will last through life. In spite of the greatest care the food collects between them, and its decomposition hastens decay and causes the gums to recede, then the spaces between become larger and the amount of food which lodges between them greater; the loosening process be-

gins, and then follows Riggs' disease, that great scourge of teeth, for which no remedy as yet has been found. Usually, in spite of the greatest care, the teeth will loosen more and more, because of the inflammation and the deposit of tartar. Too much dependence is placed upon the use of the toothbrush in cleaning the teeth. In the cases where the gums have receded it is impossible to cleanse the teeth thoroughly with the brush, for after brushing the teeth if one takes a toothpick and passes it between them it will be found that many small particles of food remain. The toothpick is of great value in cleansing the teeth, and the hard orange-wood variety is the best, for a toothpick should never be used a second time. A toothpick will remove the particle of food and the soft tartar better than dental floss. After cleansing the teeth with the brush and the toothpick, if a dentifrice is used, pass the pointed end of the toothpick between the teeth; then wind a wisp of cotton on the other end, dip it in the saturated solution of boric acid and wipe around the gums and between the teeth from and back; afterwards rinse the teeth thoroughly with the solution. Do this after each meal and the tartar will not collect, the gums will harden and a well-nigh perfect cleanliness will be obtained. A word to those who wear artificial teeth should be spoken. The same treatment for them as just described is necessary, first brushing them very thoroughly and then cleansing the cracks and crevices with boric acid applied by means of the cotton and the toothpick. Boric acid is one of the best mouth washes that one can have. Get a quarter of a pound of it and put it in a pint bottle; fill the bottle with water, and decant it as required. Refill the bottle as needed as long as any powder remains.

CHILDREN WHO LOVE WATER

And are Taught to Take Care
of Themselves Don't Come
to Grief

AN intelligent and pleasing woman gave her confidence to me recently when asked how it happened that everything moved along so harmoniously in her family of five, wide-awake boys.

"Well, I have always been their ardent admirer, closely observing most, if not all, their dispositions; in rural pastimes—as a kind of companion. Living almost six months of the year at a 'cabin' on the margin of a great lake, I have possibly instilled into them the spirit of—take care of yourselves—but never nagged or continually harped upon the many dangers of the water. No restrictions or strenuous orders have been given to keep away from boats, fishing, bathing and so on, being perfectly sure they would disobey—for they would not, could not resist the lake's tempting surface, so full of delightful pastimes. They have almost lived on the water, knowing full well the treacherousness, therefore, are alert in taking care of themselves, exercising caution and disobeying no orders, for there

were none enforced, and these days they are made happy, as standing on the shore mother watches them share with older and adept water-loving people in aquatic sports.

Being a music teacher, I further questioned this spirited woman as to their musical abilities. "Well, at first they promptly objected; however, gradually one by one coincided with my wishes that each should take up a different instrument, the two oldest, piano and violin. Thus noting my determination to have a little home-band, they thought it a capital idea also, and practiced interestingly, faithfully, and with a will to accomplish something worth while."

This judicious mother's words are "few but mighty" in the management of her fine boys. E. L. R.

HINTS FOR THE LAUNDRY

Salt is used in laundry work to fix colors that have softened and run into the washing water. It cannot possibly be used in the washing water, as it has the power of throwing the soap out of solution, and would render the cleansing of clothes impossible. I usually put in the rinsing water, which ought to be made rather salty; a good handful of salt to a gallon of water is the average proportion. Salt should be added to the soaking water for handkerchiefs, as it loosens the mucus, and renders the washing an easier process. Salt and beeswax make rusty flatirons as clean and smooth as glass.

TRELLIS FOR THE CLIMBERS

Can Be Made of Stout Twine
with Narrow Plank as Basis

To fasten strings from the ground to a fence or wall upon which one wants sweet peas, nasturtiums or similar plants to twine, lay a narrow plank or scantling along the ground close to the roots of the young plants. Then the twine may be run from the nail or piling down to the plank, slipped under it, up to the next nail, and so on, forming as close a trellis as may be desired.

The weight of the board holds the strings taut in all weather, and it also keeps the roots of the plants cool and moist, and protects them from the neighbor's scratching chickens, if they chance to visit us.

It is well to start with good, strong twine, for plants and vines become exceedingly heavy before the season is over, and weather tends to rot the best of cord, making it weaker as its needs grow greater. Of course, poultry wire is the best possible scaffolding in a garden, but one cannot always afford as much of it as is wanted, and pegs pull up most provokingly just when the vines are heaviest and need strong support. The narrow plank is the most satisfactory basis for a trellis that I have found.